

<b>Course Title</b>	MA Counselling and Psychotherapy
<b>Course URL</b>	<a href="https://www.cumbria.ac.uk/study/courses/postgraduate/counselling-and-psychotherapy-ma/">https://www.cumbria.ac.uk/study/courses/postgraduate/counselling-and-psychotherapy-ma/</a>
<b>Course Fees</b>	£7,650 (total for course)
<b>Additional Costs</b>	
<p>All students need to be aware that they will incur additional costs whilst on programme. The list below will provide you with an overview of additional costs.</p> <p>Books are reviewed annually and are therefore subject to change, module information will provide you with indicative lists for the year.</p>	
<b>Books and Journals</b>	
<p>Books and Journals Students need to spend approximately £100-£200 a year on textbooks and scripts although this cost can be reduced considerably by sourcing second hand copies of books. A number of texts are available as e-books:</p> <p>Texts we will be using in Semester 1 include:</p> <p>Brown, C. (2015) <i>Understanding Person-Centred Counselling. A Personal Journey</i>. London: Sage.</p> <p>Cooper, M., O'Hara, M., Schmid., PF. and Bohart, A. (2013) <i>The Handbook of Person-Centred Psychotherapy and Counselling 2<sup>nd</sup> edn</i>. Basingstoke: Palgrave Macmillan.</p> <p>Mearns, D. (2013) <i>Person-Centred Counselling in Action 4th edn</i>. London: Sage.</p> <p>Merry, T. (2002) <i>Learning and Being in Person Centred Counselling 2nd edn</i>. Ross-on-Wye: PCCS Books.</p> <p>Rogers, C.R. (1951) <i>Client Centred Therapy</i>. London: Constable &amp; Company.</p> <p>Rogers, C.R. (1961) <i>On Becoming a Person</i>. London: Constable &amp; Company.</p>	
<b>Stationery</b>	
<p>Stationery for your own personal use (pens, papers and folders, etc.).</p> <p>Whilst you will choose how much you need, expect to pay around £30 - £40 per year for these.</p>	
<b>Clothing</b>	
<p>You are expected to dress appropriately for your Supervised Practice Setting; this will differ according to the organisation and its client group.</p>	
<b>Training Residential</b>	
<p>In keeping with our phenomenological philosophy, you will be invited, throughout the programme, to critically engage with your own experience as well as with the experience of others. Self-awareness and understanding are developed through use of a wide range of activities including participation in our training residential in Year 1 of the MA programme.</p> <p>The residential is a core element of our training and attendance is, therefore, a requirement.</p> <p>Cost for Residential - £200 (2019)</p> <p>Students are responsible for their own travel to the venue and typically car share to keep the costs to a minimum.</p>	

### Other Professional Costs

Professional counselling training includes a range of costs additional to the programme fee, these include:

- Residential in year 1, (£200 in 2019) – as stated above
- Student membership of the British Association for Counselling and Psychotherapy (BACP) from the start of the programme (£82 in 2019)
- External supervision – a minimum of 1 ½ hours of supervision a month (maximum 8:1 ratio of hours counselling & psychotherapy to supervision hours) with a supervisor from our list of ‘approved supervisors’ from the time that supervised practice begins and until the end of the programme (supervision is an ongoing requirement for practicing members of BACP; even when qualified); the cost is usually £30-£40 per hour;
- Insurance – if your supervised practice settings insurance does not effectively cover you, you will have to pay for insurance yourself – circa £70 pa;
- Personal Counselling/Psychotherapy – you must undertake a minimum of 10 hours of individual therapy during the programme. This is intended to support your personal development (a crucial component in becoming a Counsellor/Psychotherapist) in a 1:1 setting and to increase your awareness of the process of being a client within the model that you are training in. The cost is usually £30-£40 per hour;
- Supervised Practice related costs – this will usually include travel to and from the supervised practice setting(s);
- Recording and playback equipment etc.

NB: Information taken from the current Programme Specification